



# Specialty Bench Line FID BENCH

The Dynamic FID (Flat/Incline/Decline) Bench features multiple back and seat settings and ankle support pads to offer flat, incline, vertical and decline pressing. This bench can also be used for prone supported rowing and posterior work with dumbbells or kettlebells. The rolling base provides convenient transport.

## Features:

- 12" Wide Dual-Pivoting Pads
- 6 Back Positions (-15°/0°/20°/35°/50°/75°)
- 3 Easy-to-Adjust Seat Levels
- Ankle Support Pads
- Rolling Base for Easy Transport
- Protective Rubber Feet
- Custom Color Pad and Custom Printed Slip Cover Options Also Available
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**PICK YOUR COLORS!**  
Textured or gloss powder coated finish  
**COLOR-MATCHING ALSO AVAILABLE.**

**A full line of benches**

**MORE STRENGTH PER SQUARE FOOT™**

We have a full line of Utility, Olympic and Specialty Benches.



Utility Bench



Decline Bench



Lumbar Utility Bench

718063

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## Specifications:

**FRAME:** 2" X 3" 11-Gauge Structural Steel Tubing

**WEIGHT:** 154 LBS

**DIMENSIONS:** 25" W x 19" H x 65" L

**BENCH PAD WIDTH:** 12" Dual Pivoting Pads

